

## ABSTRACT OF THE DISCLOSURE

A front fork unit of a bicycle includes a fork body, an outer tube movable relative to the fork body, a shock absorber interposed between and secured to  
5 the fork body and the outer tube, an inner tube disposed in the outer tube and secured to the fork body, and a resistance-providing member secured to one of the inner and outer tubes and in sliding and frictional contact with the other of the inner and  
10 outer tubes so as to provide a resistance to movement of the outer tube relative to the fork body.